

Crew Off Duty

GMT	Crew	Activity
06:00–06:10		Morning inspection
06:10–06:40		Post-sleep
06:40–07:30		BREAKFAST
08:30–08:35	CDR	PLANTS-2: payload status check
8:35-8:40		Electron-VM Gas-Fluid System (ГЖС) Air Check
8:40-8:45		СП Counter Reading Call-Down
8:45-8:50		CBO Call-Down
10:15–11:30	FE-1	Physical exercise (TVIS)
11:30–12:30	CDR	Physical exercise (VELO + Force Loader1 / day 1)
12:30–13:30		LUNCH
13:30–13:35	FE-1	IMS file auto import/export
13:30–13:55	CDR	Maintenance of COЖ
14:25-14:40		Private Family Conference (<i>S-band</i>)
15:30-15:45	FE-1	Private Psychological Conference (<i>S-band</i>)
16:10-16:25		Private Family Conference (<i>S-band</i>)
16:45–18:15	CDR	Physical exercise (TVIS-1)
17:00–18:15	FE-1	Physical exercise (RED)
18:15-18:45		Review of Daily Plan
18:45-19:00		Daily Planning Conference (<i>S-band</i>)
19:00-19:30		Work Prep
19:30-20:00		Dinner
20:00-20:30		Daily Food Prep
20:30-21:30		Pre-Sleep
21:30-06:00		Sleep

See OSTP for references to US activities.

Task List: CDR: Familiarization with restoring activities of БФС-3М (Molniya SM)

Cleanup of hard disk D in Laptop TP1

End of radiogram